

How Many Grams of Protein are in...

*Depends on the kind/size of the item. Check nutrition label for exact amounts



Chicken, 3 oz (85 g): **23 grams kcal**



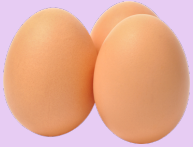
Fish, salmon, 3 oz (85 g): **17 grams**



Fish, tilapia, 4 oz (115 g): **23 grams**



Beef, 3 oz (85 g): **22 grams**



Eggs, 1 each: **6 grams**



Black beans, 1 cup: **15 grams**



Quinoa, 1 cup: **8 grams**



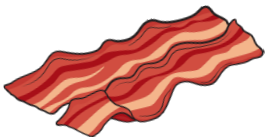
Turkey, 3 oz (85g): **24 grams**



Shrimp, 3 oz (85 g) (8-12 shrimp): **21 grams**



Tofu, 3 oz (85 g): **7 grams**



Bacon, 2 slices: **5 grams**



Milk, 1 cup: **8 grams**



Lentils, 1 cup: **18 grams**



Cheese, 1 oz: **7 grams**